

**WOMENS
STANDARDS**

World Standard Times 100%	Platinum Standard 120%	Gold Standard 135%	Silver Standard 150%	Bronze Standard 165%	Copper Standard 185%	Pewter Standard 200%
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5km road race

open	00:14:24	00:17:17	00:19:26	00:21:36	00:23:46	00:26:38	00:28:48
35-39	00:14:45	00:17:42	00:19:55	00:22:08	00:24:20	00:27:17	00:29:30
40-44	00:15:22	00:18:26	00:20:45	00:23:03	00:25:21	00:28:26	00:30:44
45-49	00:16:03	00:19:16	00:21:40	00:24:05	00:26:29	00:29:42	00:32:06
50-54	00:16:48	00:20:10	00:22:41	00:25:12	00:27:43	00:31:05	00:33:36
55-59	00:17:39	00:21:11	00:23:50	00:26:28	00:29:07	00:32:39	00:35:18
60-64	00:18:39	00:22:23	00:25:11	00:27:58	00:30:46	00:34:30	00:37:18

5 mile road race

open	00:23:39	00:28:23	00:31:56	00:35:29	00:39:01	00:43:45	00:47:18
35-39	00:24:28	00:29:22	00:33:02	00:36:42	00:40:22	00:45:16	00:48:56
40-44	00:25:08	00:30:10	00:33:56	00:37:42	00:41:28	00:46:30	00:50:16
45-49	00:26:16	00:31:31	00:35:28	00:39:24	00:43:20	00:48:36	00:52:32
50-54	00:27:29	00:32:59	00:37:06	00:41:14	00:45:21	00:50:51	00:54:58
55-59	00:28:53	00:34:40	00:39:00	00:43:20	00:47:39	00:53:26	00:57:46
60-64	00:30:30	00:36:36	00:41:11	00:45:45	00:50:19	00:56:26	01:01:00

6 mile road race

open	00:28:50	00:34:36	00:38:55	00:43:15	00:47:34	00:53:21	00:57:40
35-39	00:29:22	00:35:14	00:39:39	00:44:03	00:48:27	00:54:20	00:58:44
40-44	00:30:34	00:36:41	00:41:16	00:45:51	00:50:26	00:56:33	01:01:08
45-49	00:31:55	00:38:18	00:43:05	00:47:53	00:52:40	00:59:03	01:03:50
50-54	00:33:25	00:40:06	00:45:07	00:50:07	00:55:08	01:01:49	01:06:50
55-59	00:35:06	00:42:07	00:47:23	00:52:39	00:57:55	01:04:56	01:10:12
60-64	00:37:05	00:44:30	00:50:04	00:55:38	01:01:11	01:08:36	01:14:10

10km road race

open	00:29:55	00:35:54	00:40:23	00:44:52	00:49:22	00:55:21	00:59:50
35-39	00:30:28	00:36:34	00:41:08	00:45:42	00:50:16	00:56:22	01:00:56
40-44	00:31:44	00:38:05	00:42:50	00:47:36	00:52:22	00:58:42	01:03:28
45-49	00:33:07	00:39:44	00:44:42	00:49:41	00:54:39	01:01:16	01:06:14
50-54	00:34:41	00:41:37	00:46:49	00:52:02	00:57:14	01:04:10	01:09:22
55-59	00:36:26	00:43:43	00:49:11	00:54:39	01:00:07	01:07:24	01:12:52
60-64	00:38:29	00:46:11	00:51:57	00:57:44	01:03:30	01:11:12	01:16:58

7 mile road race

open	00:33:53	00:40:40	00:45:45	00:50:50	00:55:54	01:02:41	01:07:46
35-39	00:34:30	00:41:24	00:46:35	00:51:45	00:56:56	01:03:49	01:09:00
40-44	00:35:55	00:43:06	00:48:29	00:53:53	00:59:16	01:06:27	01:11:50
45-49	00:37:30	00:45:00	00:50:37	00:56:15	01:01:53	01:09:23	01:15:00
50-54	00:39:16	00:47:07	00:53:01	00:58:54	01:04:47	01:12:39	01:18:32
55-59	00:41:15	00:49:30	00:55:41	01:01:53	01:08:04	01:16:19	01:22:30
60-64	00:43:34	00:52:17	00:58:49	01:05:21	01:11:53	01:20:36	01:27:08

WOMENS

World	Platinum	Gold	Silver	Bronze	Copper	Pewter
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STANDARDS**Standard Times
100%**Standard
120%Standard
135%Standard
150%Standard
165%Standard
185%Standard
200%**8 mile road race**

open	00:38:58	00:46:46	00:52:36	00:58:27	01:04:18	01:12:05	01:17:56
35-39	00:39:41	00:47:37	00:53:34	00:59:31	01:05:29	01:13:25	01:19:22
40-44	00:41:19	00:49:35	00:55:47	01:01:59	01:08:10	01:16:26	01:22:38
45-49	00:43:08	00:51:46	00:58:14	01:04:42	01:11:10	01:19:48	01:26:16
50-54	00:45:10	00:54:12	01:00:59	01:07:45	01:14:32	01:23:34	01:30:20
55-59	00:47:26	00:56:55	01:04:02	01:11:09	01:18:16	01:27:45	01:34:52
60-64	00:50:07	01:00:08	01:07:39	01:15:11	01:22:42	01:32:43	01:40:14

10 mile road race

open	00:49:23	00:59:16	01:06:40	01:14:05	01:21:29	01:31:22	01:38:46
35-39	00:50:04	01:00:05	01:07:35	01:15:06	01:22:37	01:32:37	01:40:08
40-44	00:52:08	01:02:34	01:10:23	01:18:12	01:26:01	01:36:27	01:44:16
45-49	00:54:24	01:05:17	01:13:26	01:21:36	01:29:46	01:40:38	01:48:48
50-54	00:56:57	01:08:20	01:16:53	01:25:26	01:33:58	01:45:21	01:53:54
55-59	00:59:49	01:11:47	01:20:45	01:29:44	01:38:42	01:50:40	01:59:38
60-64	01:03:09	01:15:47	01:25:15	01:34:43	01:44:12	01:56:50	02:06:18

1/2 Marathon

open	01:05:48	01:18:58	01:28:50	01:38:42	01:48:34	02:01:44	02:11:36
35-39	01:06:32	01:19:50	01:29:49	01:39:48	01:49:47	02:03:05	02:13:04
40-44	01:09:16	01:23:07	01:33:31	01:43:54	01:54:17	02:08:09	02:18:32
45-49	01:12:17	01:26:44	01:37:35	01:48:26	01:59:16	02:13:43	02:24:34
50-54	01:15:39	01:30:47	01:42:08	01:53:28	02:04:49	02:19:57	02:31:18
55-59	01:19:29	01:35:23	01:47:18	01:59:14	02:11:09	02:27:03	02:38:58
60-64	01:23:54	01:40:41	01:53:16	02:05:51	02:18:26	02:35:13	02:47:48

20 mile road race

open	01:50:16	02:12:19	02:28:52	02:45:24	03:01:56	03:24:00	03:40:32
35-39	01:51:36	02:13:55	02:30:40	02:47:24	03:04:08	03:26:28	03:43:12
40-44	01:55:51	02:19:01	02:36:24	02:53:46	03:11:09	03:34:19	03:51:42
45-49	02:00:54	02:25:05	02:43:13	03:01:21	03:19:29	03:43:40	04:01:48
50-54	02:06:31	02:31:49	02:50:48	03:09:47	03:28:45	03:54:03	04:13:02
55-59	02:12:53	02:39:28	02:59:24	03:19:19	03:39:15	04:05:50	04:25:46
60-64	02:20:16	02:48:19	03:09:22	03:30:24	03:51:26	04:19:30	04:40:32

Marathon

open	02:18:51	02:46:37	03:07:27	03:28:17	03:49:06	04:16:52	04:37:42
35-39	02:19:09	02:46:59	03:07:51	03:28:44	03:49:36	04:17:26	04:38:18
40-44	02:24:50	02:53:48	03:15:32	03:37:15	03:58:59	04:27:56	04:49:40
45-49	02:31:05	03:01:18	03:23:58	03:46:38	04:09:17	04:39:30	05:02:10
50-54	02:38:03	03:09:40	03:33:22	03:57:05	04:20:47	04:52:24	05:16:06
55-59	02:45:57	03:19:08	03:44:02	04:08:56	04:33:49	05:07:00	05:31:54
60-64	02:55:06	03:30:07	03:56:23	04:22:39	04:48:55	05:23:56	05:50:12